



**For More Information Contact:**

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*Fill-up on fiber-rich fresh seasonal veggies and make them the star of your dish this summer! Hy-Vee Savage Registered Dietitian Melissa Jaeger, RD, LD will show you how to create a delicious Mediterranean Veggie Flatbread. To help you maintain a healthy lifestyle, your Hy-Vee dietitian offers a variety of health services including store nutrition tours and our 10-week Begin™ program. For additional information, reach out to your local Hy-Vee dietitian.*

**Mediterranean Veggie Flatbread**

Serves 4    Cook Time: 30 minutes

**All you need:**

2 whole wheat flatbreads, such as naan

Hy-Vee nonstick olive oil cooking spray

½ tsp plus ¼ tsp Cajun seasoning, divided

2 large Kalamata olives, chopped

12 grape tomatoes, halved

2 mini seedless cucumbers, sliced

1 red bell pepper, seeded and chopped

2 tsp finely chopped shallot (or red onion)

2 tsp fresh lemon juice

1 1/3 cup White Bean Spread (see recipe below)

2 tbsp fresh parsley leaves

1 tbsp fresh oregano leaves

2 tbsp crumbled feta cheese

**White Bean Spread:** pour 3/4 cup water into a large saucepan, add 2 cloves peeled garlic and bring to boiling over high heat. Add 2 (15-oz) cans Hy-Vee cannellini beans, drained and rinsed, and return to boiling. Drain the mixture, reserving 1/4 cup of the cooking liquid. Transfer drained mixture to a food processor. Add 1 tbsp Hy-Vee Select extra-virgin olive oil and 1 tbsp fresh rosemary and process, adding just enough of the reserved cooking liquid to make a thick, smooth paste. Season to taste with salt and pepper, if desired.



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**All you do:**

1. Preheat oven to 400 degrees F.
2. Place flatbreads on an ungreased baking sheet and spray with nonstick cooking spray. Sprinkle with ½ tsp Cajun seasoning. Bake 8 minutes or until golden and crisp on the edges. Allow flatbreads to cool 3 -4 minutes before topping.
3. Combine Kalamata olives, tomatoes, cucumber, bell pepper and shallot in a small bowl. Drizzle with lemon juice and add remaining ¼ tsp Cajun seasoning. Stir well to combine. Prepare White Bean Spread.
4. Spread cooled flatbreads with White Bean Spread and top with chopped vegetables. Reserve remaining spread for another use. Sprinkle with parsley, oregano and feta.
5. Cut into slices and serve.

**Dietitian Tips:**

- Tomatoes are an excellent source of vitamin C (important for immune system) and vitamin A (important for vision).
- Cannellini beans (used in white bean dip) are an excellent source of iron (essential mineral that is the oxygen carrying component of our blood) – people who lack iron in the diet can feel fatigued. They also contain folate which is very important for pregnant women.
- Beans, whole grains and vegetables in this dish provide the protein and fiber that help to keep us full longer and from overeating at meals.
- Fiber also helps our digestive track to keep us regular and can help to lower cholesterol.
- Fiber recommendations are 25 grams for women and 38 grams for men, if over the age of 50 fiber needs are 21 grams for women and 30 grams for men.